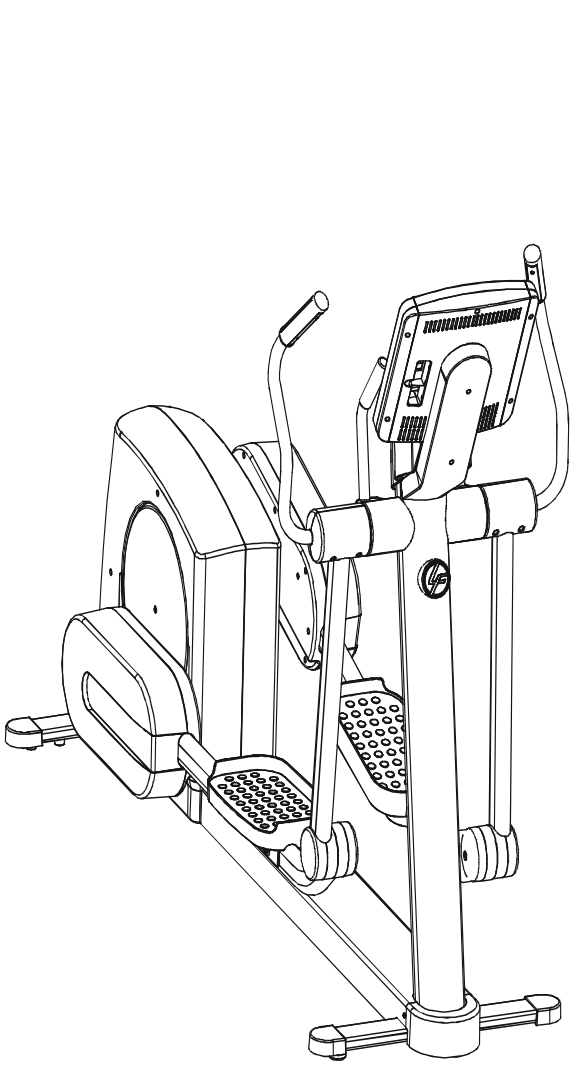
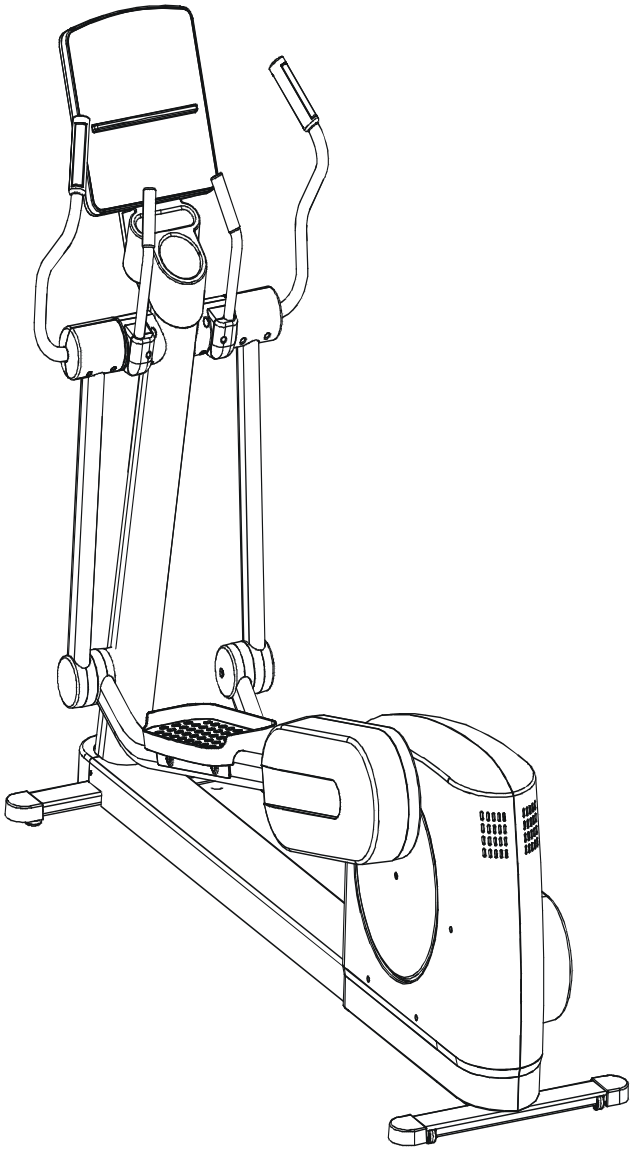
LifeFitness

ARCTIC SILVER QUIET DRIVE CROSS TRAINER 95X-0XXX-05 (Hungary built Ct for Domestic sales)





Customer Support Services

PARTS MANUAL rev 30 Nov 2007

OPERATION MANUAL	M051-00K62-A107
SERVICE MANUAL	M051-00K62-A149
TOUCH UP PAINT: SPRAY CAN .5 OZ BOTTLE W/APPLICATOR .33 OZ PEN	 0017-00008-0204 0017-00008-0205 0017-00008-0206
HARDWARE BAG	AK62-00152-0001
ACCESS PANEL ASSEMBLY CONSISTS OF: 120” COAX CABLE 120” POWER EXTENSION CABLE BRACKET F-TYPE PANEL CONNECTOR #8 PLASTIC GROMMET	AK62-00210-0000 AK32-00020-0002 AK32-00078-0001 0K62-01179-0001 0017-00021-2846 0017-00042-0754
PLUG IN OPTION 120/60	GK62-00002-0018
PLUG IN OPTION 240/50 UK	GK62-00002-0019
PLUG IN OPTION 240v AUS	GK62-00002-0020
PLUG IN OPTION 230/50 CONT	GK62-00002-0021

Note: This model has both Life Pulse sensors and Telemetry for reading Heart Rate.

Page

CONSOLE SUPPORT & DEADSHAFT COVERS 4

HANDLEBARS AND BULLHORNS 5

CONSOLE AND RELATED COMPONENTS 6

UPPER FRAME HARDWARE 7

ROCKER ARMS AND PEDAL LEVERS 8

CRANK COVER AND LOWER CAPS 9

LOWER FRAME SHROUDS AND HARDWARE 10

PEDAL LEVER COMPONENTS 11

PCB, BATTERY, REED SWITCH & BRACKET 12

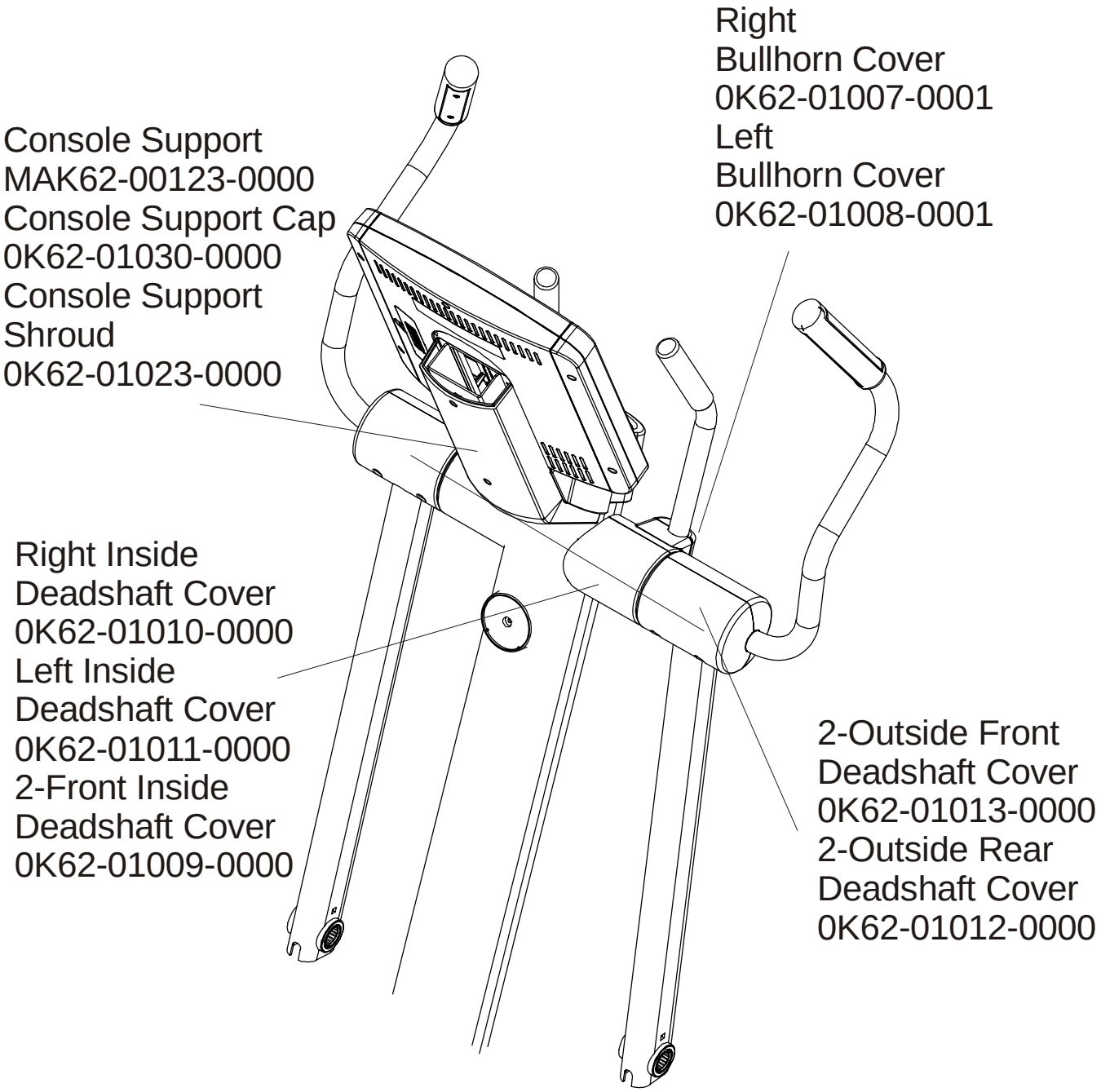
BEARING-INSERT ASSEMBLY 13

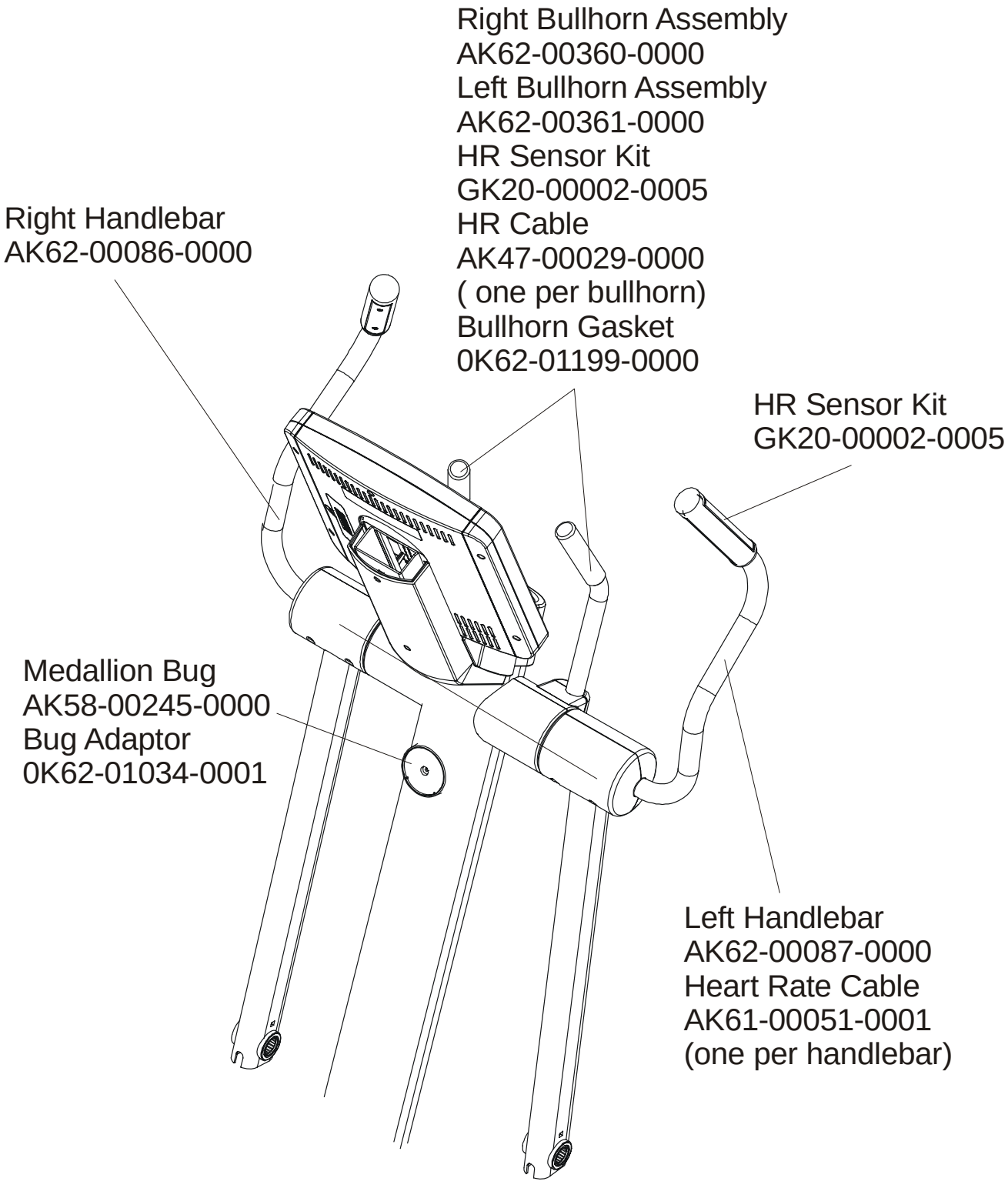
CRANK ARM PULLEY ASSEMBLY 14

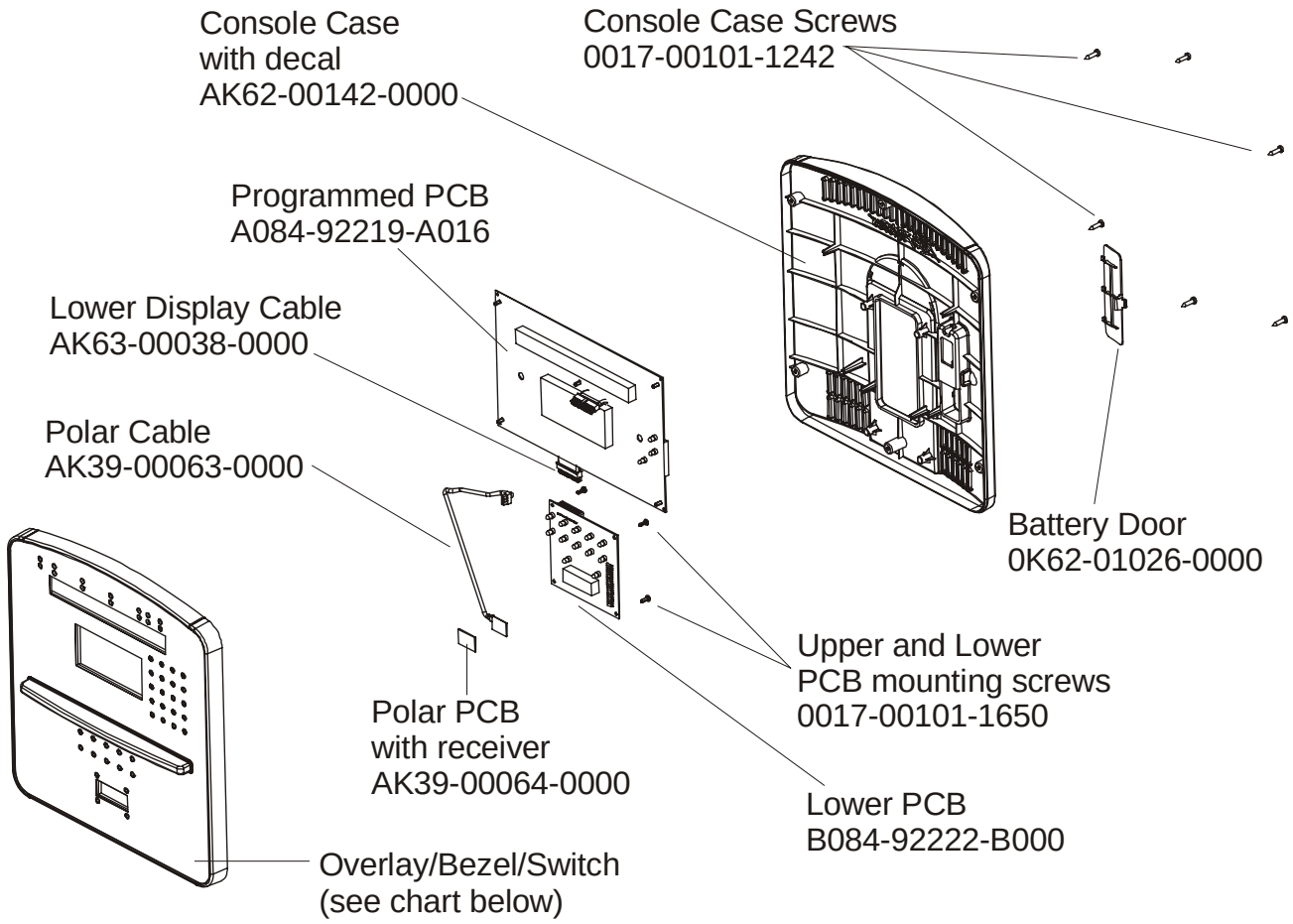
DRIVE MODULE 15

DRIVE MODULE HARDWARE 16

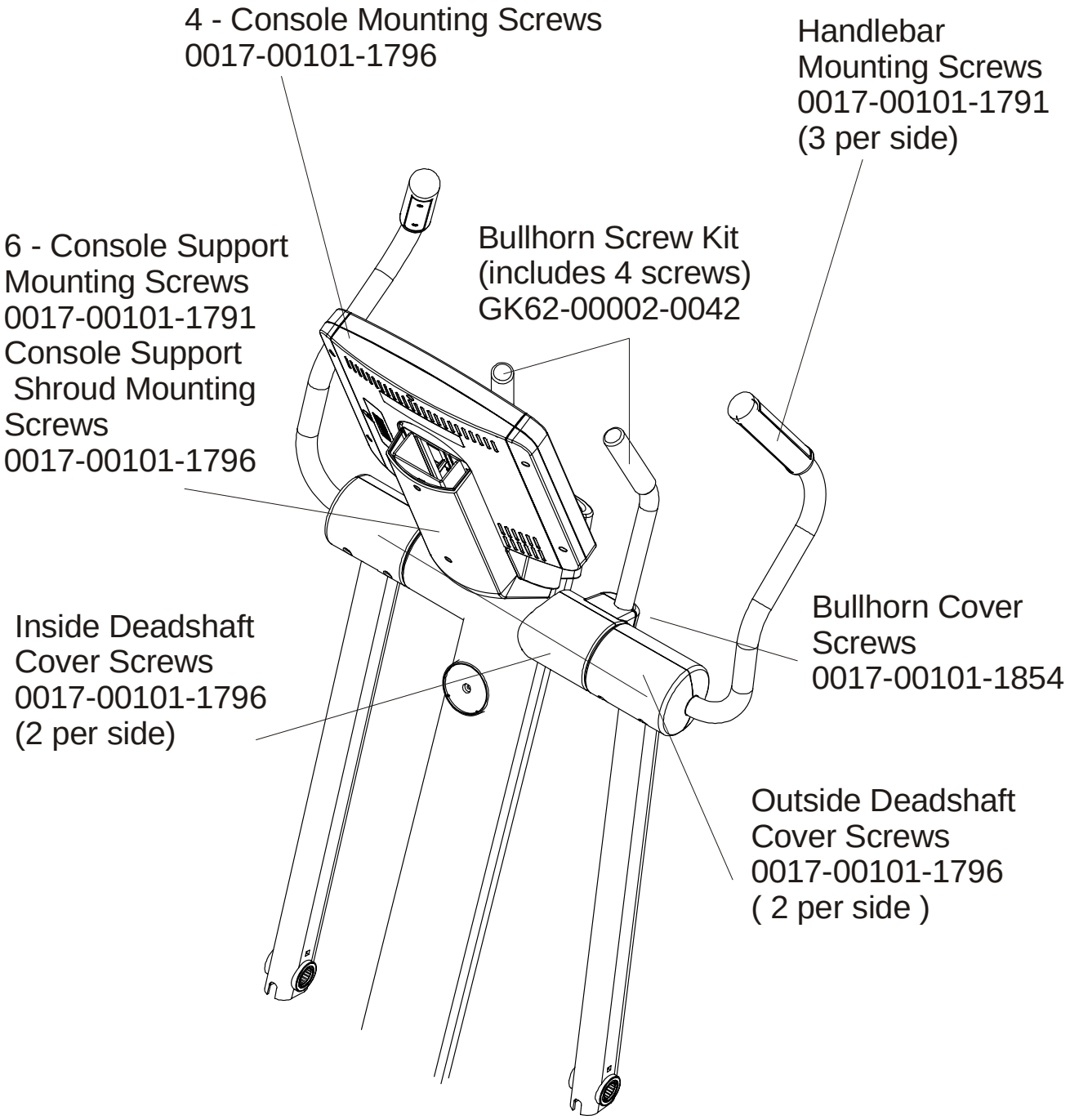
CABLES 17


Right
Bullhorn Cover
0K62-01007-0001
Left
Bullhorn Cover
0K62-01008-0001
Console Support
MAK62-00123-0000
Console Support Cap
0K62-01030-0000
Console Support
Shroud
0K62-01023-0000
Right Inside
Deadshaft Cover
0K62-01010-0000
Left Inside
Deadshaft Cover
0K62-01011-0000
2-Front Inside
Deadshaft Cover
0K62-01009-0000
2-Outside Front
Deadshaft Cover
0K62-01013-0000
2-Outside Rear
Deadshaft Cover
0K62-01012-0000

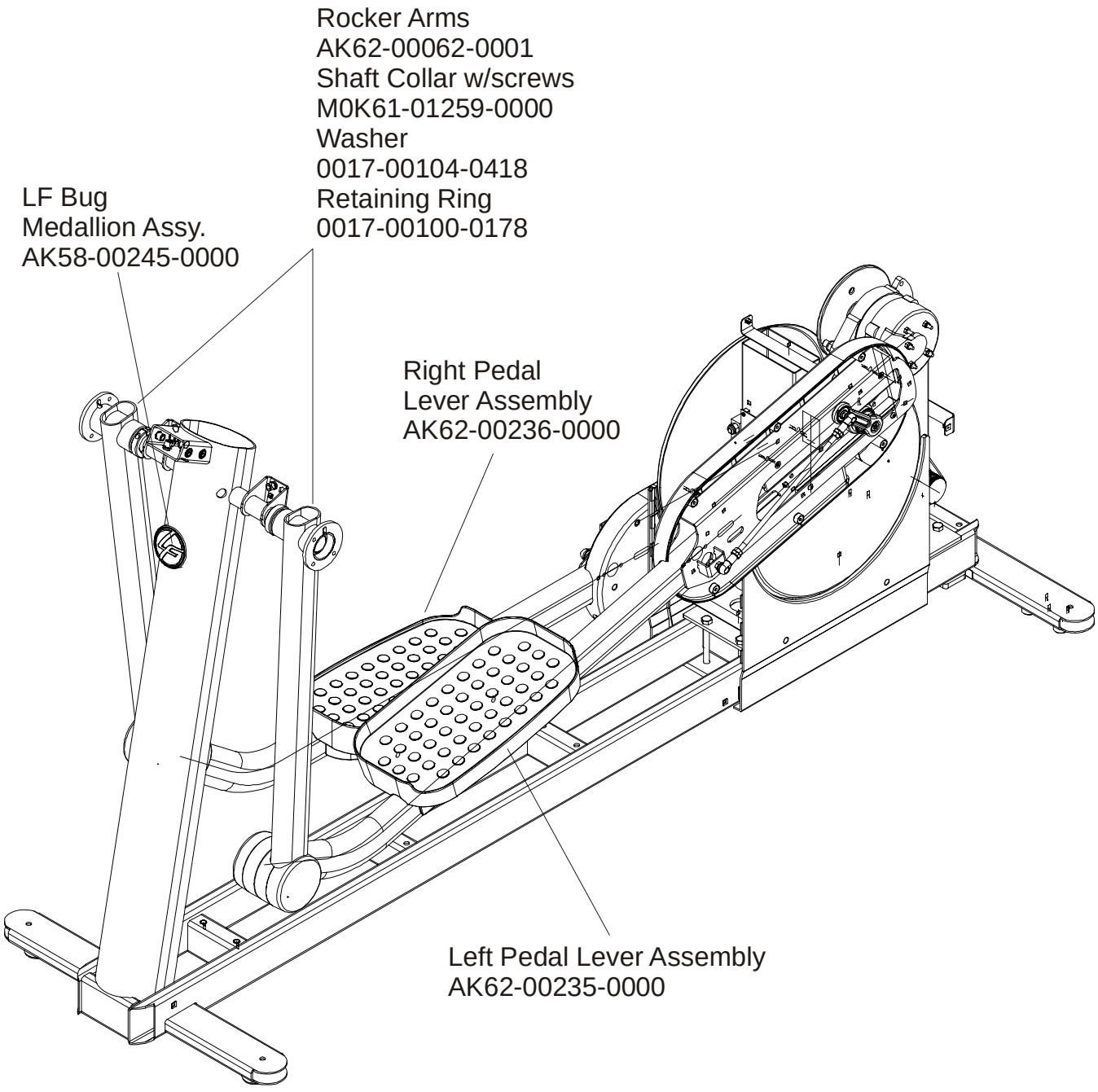

Right Bullhorn Assembly
AK62-00360-0000
Left Bullhorn Assembly
AK62-00361-0000
HR Sensor Kit
GK20-00002-0005
HR Cable
AK47-00029-0000
(one per bullhorn)
Bullhorn Gasket
0K62-01199-0000
Right Handlebar
AK62-00086-0000
HR Sensor Kit
GK20-00002-0005
Medallion Bug
AK58-00245-0000
Bug Adaptor
0K62-01034-0001
Left Handlebar
AK62-00087-0000
Heart Rate Cable
AK61-00051-0001
(one per handlebar)

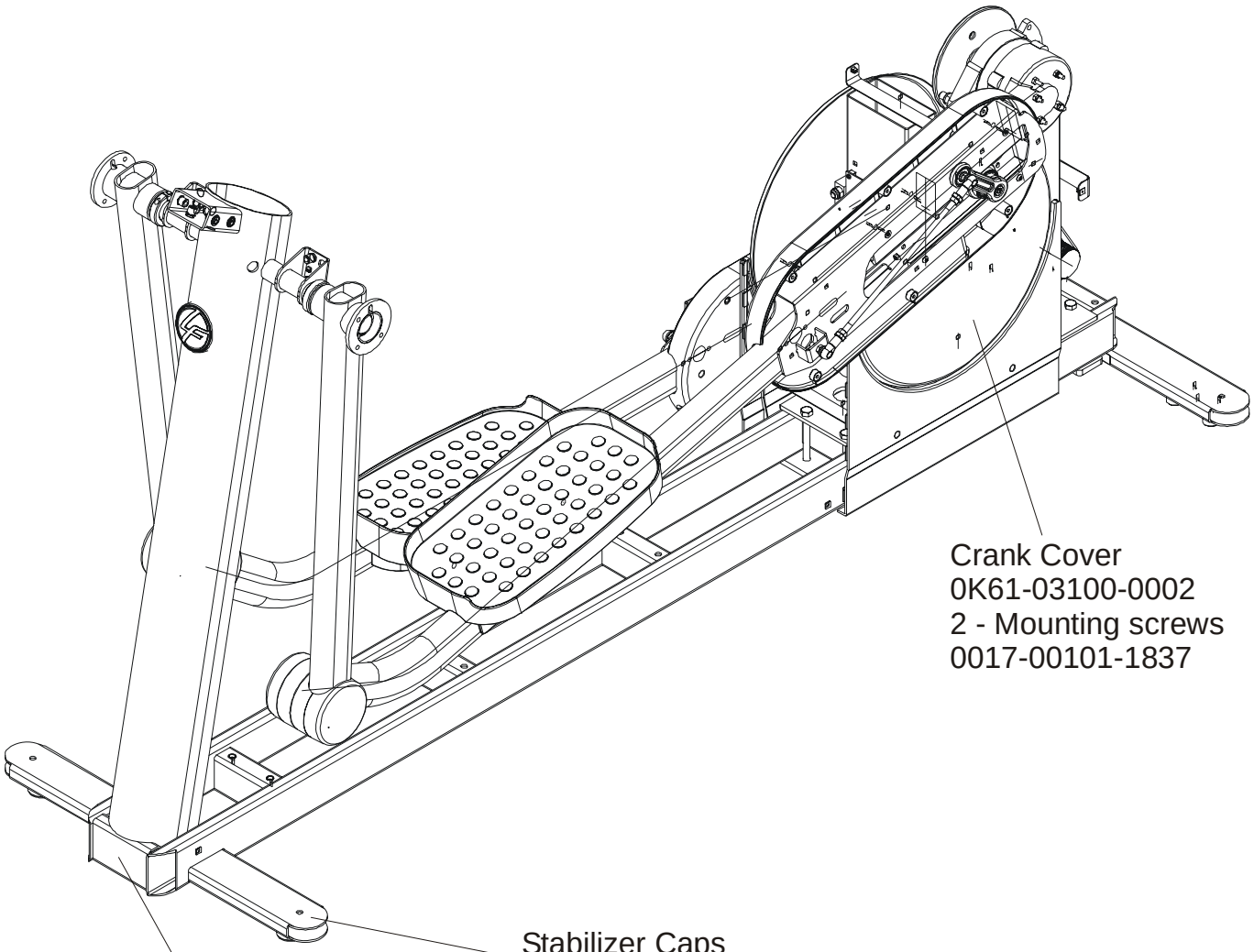


CONSOLE	OVERLAY/BEZEL/SWITCH	LANGUAGE
AK62-00329-0001	AK62-00191-0001	Eng + Met
AK62-00329-0003	AK62-00191-0003	Ger/Met
AK62-00329-0004	AK62-00191-0004	Spn/Met
AK62-00329-0006	AK62-00191-0006	Jap/Met
AK62-00329-0007	AK62-00191-0007	Frn/Met
AK62-00329-0008	AK62-00191-0008	Ital/Met
AK62-00329-0009	AK62-00191-0009	Dut/Met
AK62-00329-0010	AK62-00191-0010	Port/Met
AK62-00329-0014	AK62-00191-0014	Turk/Met



Items Not Shown:	
Accessory Tray	0K62-01022-0000
Mounting Screws (2)	0017-00101-1846

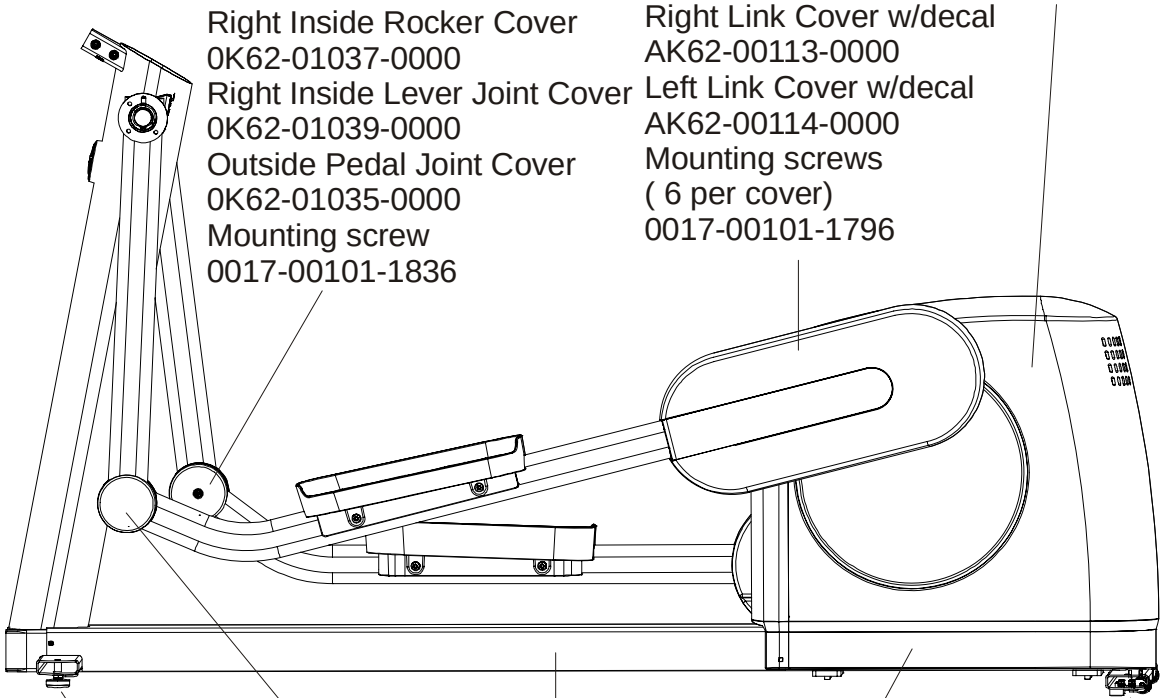

Rocker Arms
AK62-00062-0001
Shaft Collar w/screws
M0K61-01259-0000
Washer
0017-00104-0418
Retaining Ring
0017-00100-0178
LF Bug
Medallion Assy.
AK58-00245-0000
Right Pedal
Lever Assembly
AK62-00236-0000
Left Pedal Lever Assembly
AK62-00235-0000



Crank Cover
0K61-03100-0002
2 - Mounting screws
0017-00101-1837

Stabilizer Caps
4 - 0K62-01003-0000

Front frame Cap
0K62-01004-0000
Mounting Screws
(Located on front sides of Ladder Frame Cover)
2- 0017-00101-1795



Rear Shroud
Assembly
AK62-00223-0000
Mounting screws
(2 per side)
0017-00101-1796

Rocker Cover Kit
(includes clip & screw)
GK62-00002-0066
Mounting screw
0017-00101-1796
Right Inside Rocker Cover
0K62-01037-0000
Right Inside Lever Joint Cover
0K62-01039-0000
Outside Pedal Joint Cover
0K62-01035-0000
Mounting screw
0017-00101-1836

Right Link Cover w/decal
AK62-00113-0000
Left Link Cover w/decal
AK62-00114-0000
Mounting screws
(6 per cover)
0017-00101-1796

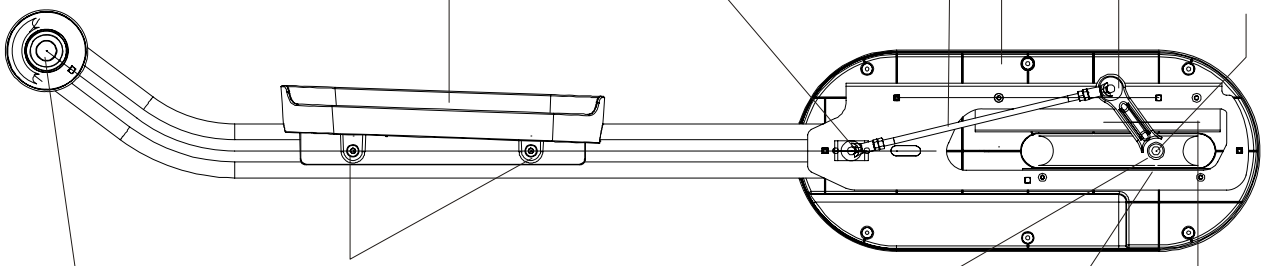
Leg Levelers
AK62-00124-0000

Ladder Frame Cover w/decal
AK62-00106-0001
4 - Mounting screws
0017-00101-1795

Wheel/Bracket Assy.
AK62-00102-0000
Mounting Screws
(3 per assy.)
M0017-00101-1789

Rocker Cover Kit
(includes clip & screw)
GK62-00002-0066
Mounting screw
0017-00101-1796
Left Inside Rocker Cover
0K62-01038-0000
Left Inside Lever Joint Cover
0K62-01040-0000
Outside Pedal Joint Cover
0K62-01035-0000
Mounting Screw
0017-00101-1836

Shroud Panel
0K62-01002-0003
Mounting screws
(2 per side)
0017-00101-1795



Tie Rod Extension
Assembly
AK62-00234-0000
or
Link Hardware Kit
GK62-00002-0015
(see note below)

Right Inside
Pedal Cover
0K62-01015-0000
Left Inside
Pedal Cover
0K62-01016-0000
5 - Mounting screws
0017-00101-1796

Link Sleeve Kit
GK62-00002-0022
Washer
0017-00104-0164
Nut
0017-00103-0338

Left Pedal
0K62-01005-0000
Right Pedal
0K62-01006-0000

Hex Nut
0017-00103-0333

Crank Extension
Mounting Bolt
0017-00101-1806

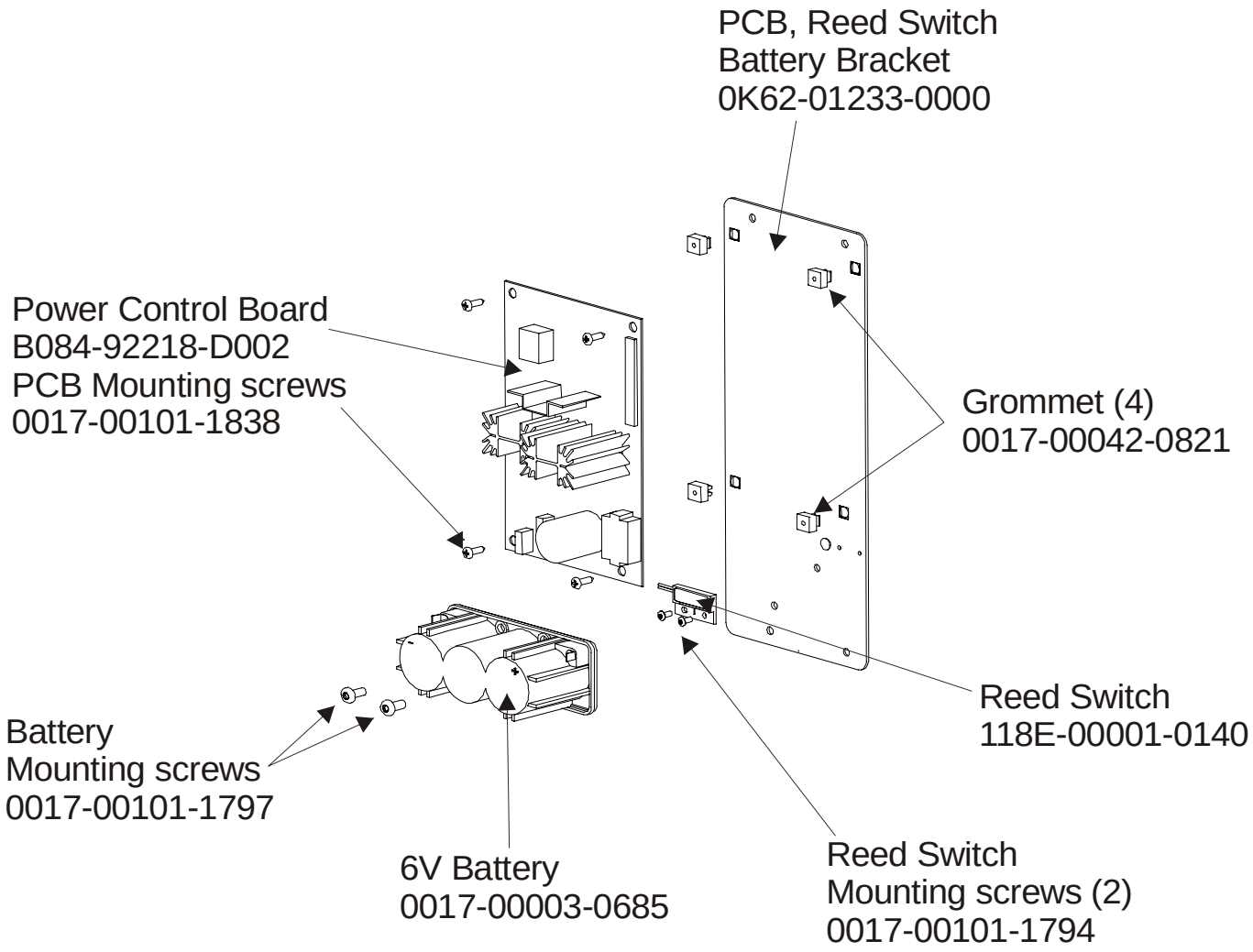
Pedal Mounting Hardware
4 - Screw - 0017-00101-1805
4 - Washer-0017-00104-0469

Roller w/bearing
AK62-00196-0001
Shaft Collar
M0K62-01065-0000
Washer
0017-00104-0474
Brass Washer
0K47-01104-0000
Anti-Lift Roller
M0K62-01191-0000

Roller Extrusion
AK62-00197-0000
4 - Screws
M0017-00101-1789

Anti-Lift Track
0K62-01208-0000
2 - Screws
0017-00101-1836

Pedal/Rocker Shaft & Bearings
Order Kit GK62-00002-0001
E-Ring
0017-00100-0107
Thrust Washer
0K47-01105-0000
Brass Washer
0K47-01104-0000

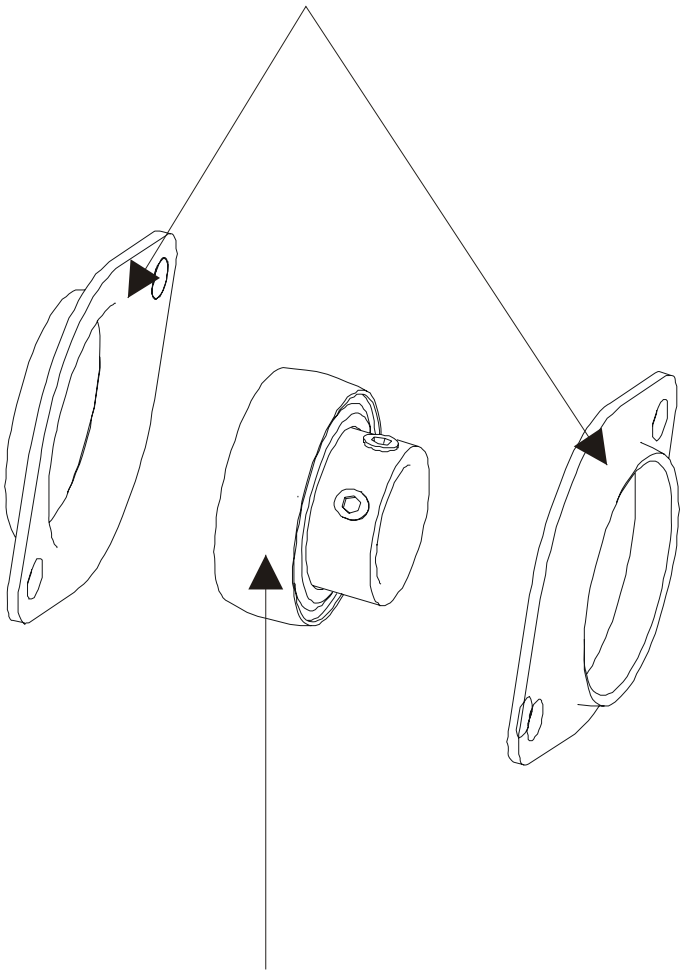

PCB, Reed Switch
Battery Bracket
0K62-01233-0000
Power Control Board
B084-92218-D002
PCB Mounting screws
0017-00101-1838
Grommet (4)
0017-00042-0821
Reed Switch
118E-00001-0140
Battery
Mounting screws
0017-00101-1797
6V Battery
0017-00003-0685
Reed Switch
Mounting screws (2)
0017-00101-1794

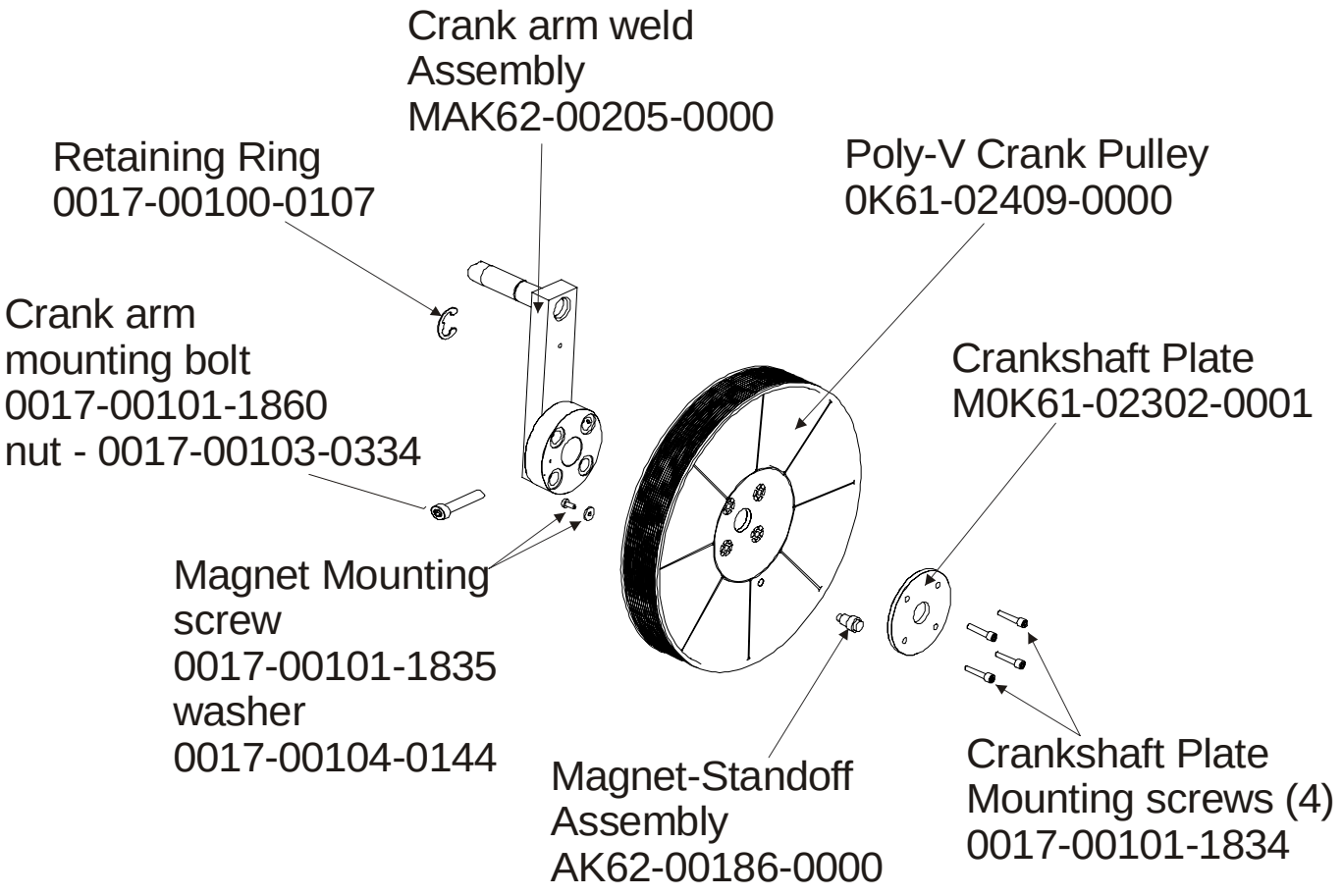
Service Kit-
GK62-00002-0044
Includes:

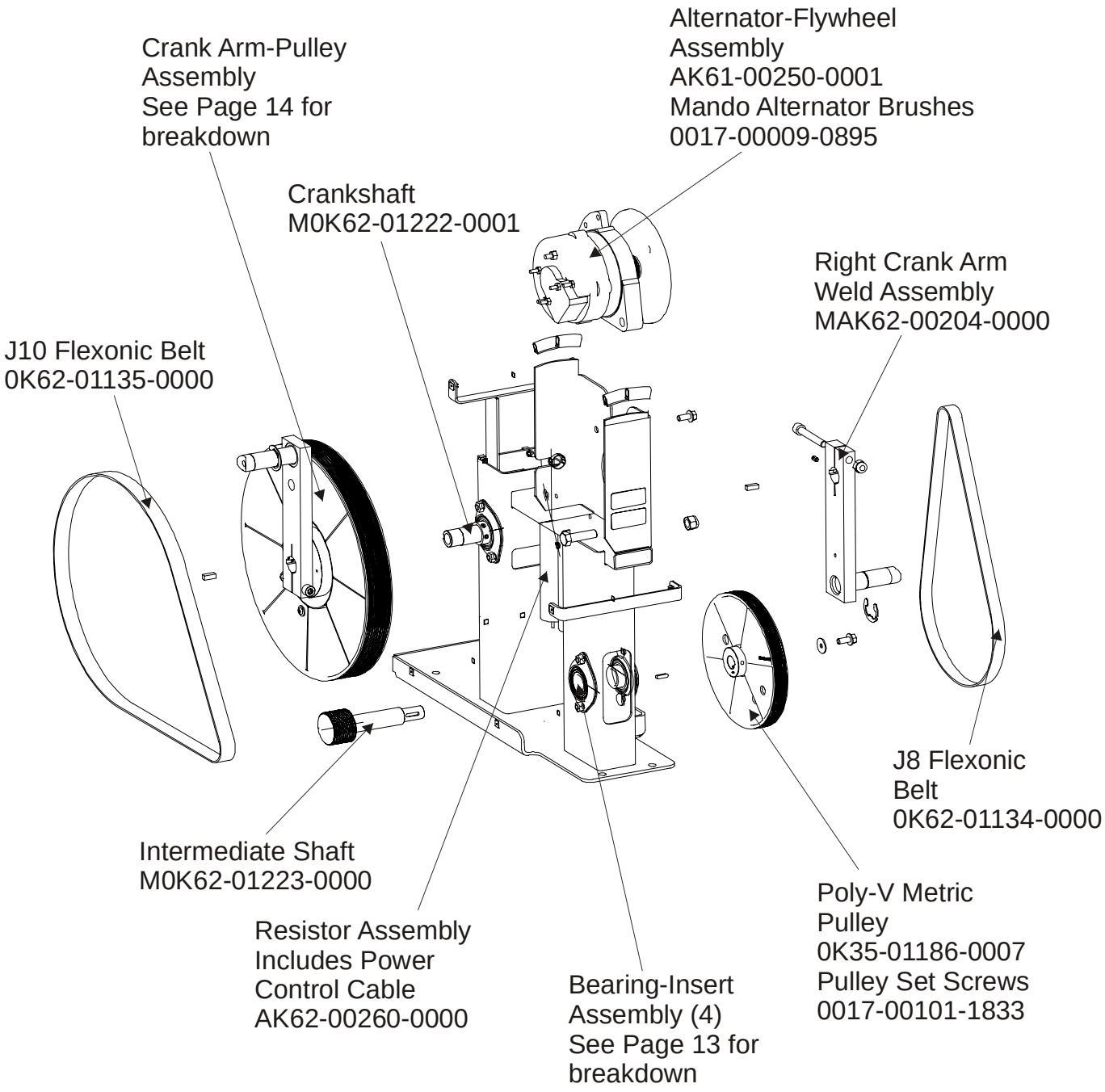
1- crankshaft
2- bearings
2- sets of bearing flanges
4- nuts and washers

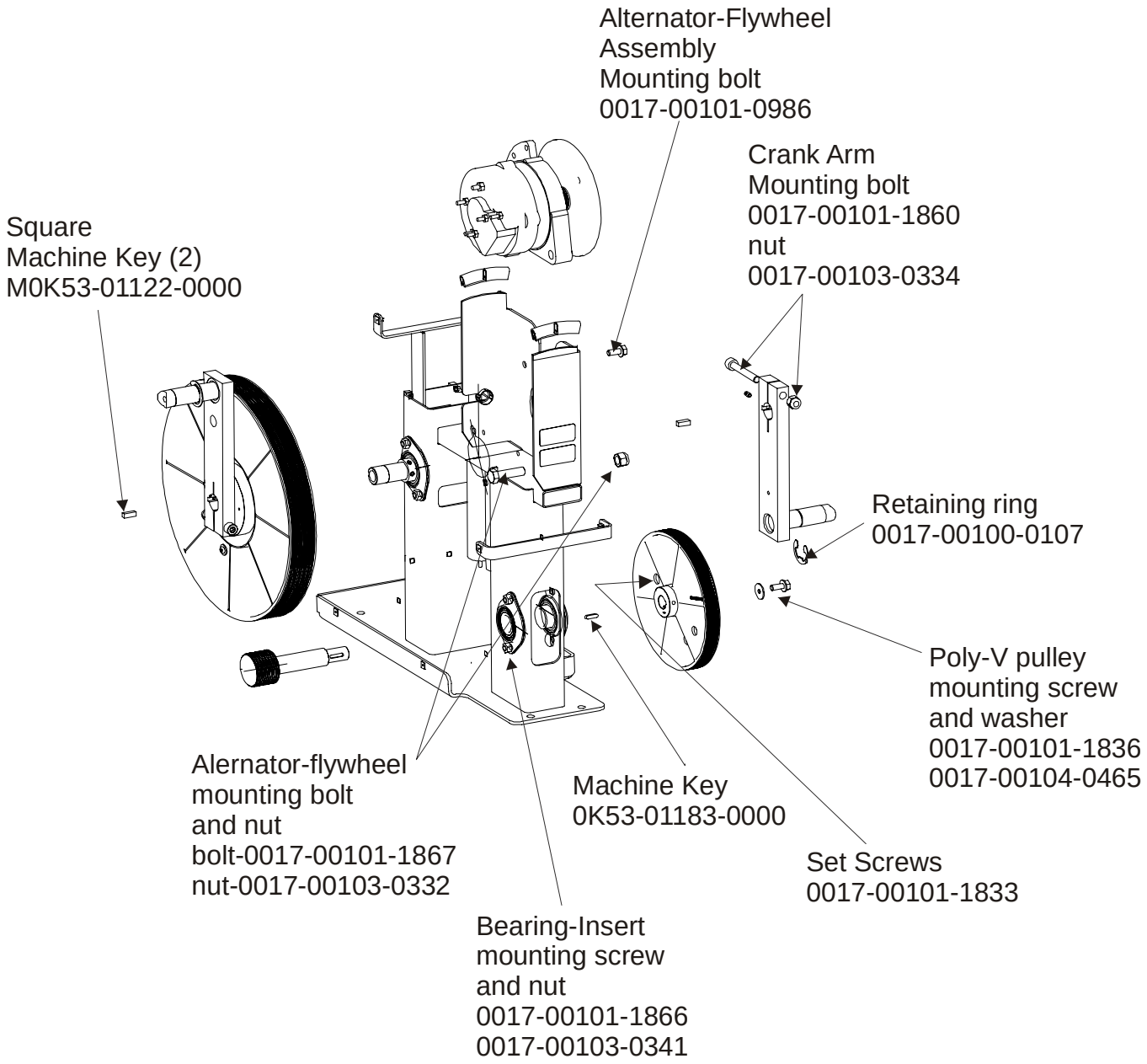
Service Kit- GK62-00002-0045
Includes:

1 - intermediate shaft
2 - bearings
2- sets of bearing flanges
4- nuts and washers

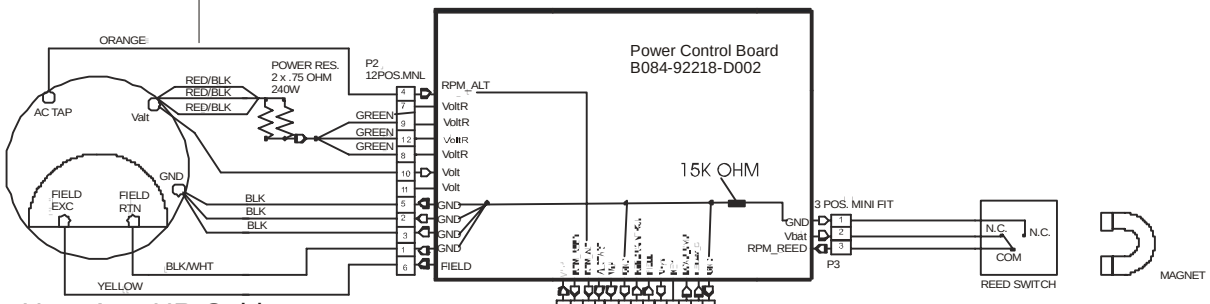



Crank arm weld
Assembly
MAK62-00205-0000
Retaining Ring
0017-00100-0107
Poly-V Crank Pulley
0K61-02409-0000
Crank arm
mounting bolt
0017-00101-1860
nut - 0017-00103-0334
Crankshaft Plate
M0K61-02302-0001
Magnet Mounting
screw
0017-00101-1835
washer
0017-00104-0144
Magnet-Standoff
Assembly
AK62-00186-0000
Crankshaft Plate
Mounting screws (4)
0017-00101-1834

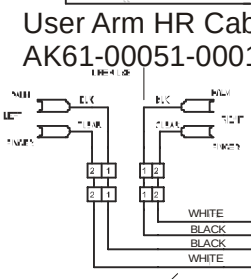

Crank Arm-Pulley Assembly
See Page 14 for breakdown
Alternator-Flywheel Assembly
AK61-00250-0001
Mando Alternator Brushes
0017-00009-0895
Crankshaft
M0K62-01222-0001
Right Crank Arm Weld Assembly
MAK62-00204-0000
J10 Flexonic Belt
0K62-01135-0000
J8 Flexonic Belt
0K62-01134-0000
Intermediate Shaft
M0K62-01223-0000
Resistor Assembly
Includes Power Control Cable
AK62-00260-0000
Bearing-Insert Assembly (4)
See Page 13 for breakdown
Poly-V Metric Pulley
0K35-01186-0007
Pulley Set Screws
0017-00101-1833

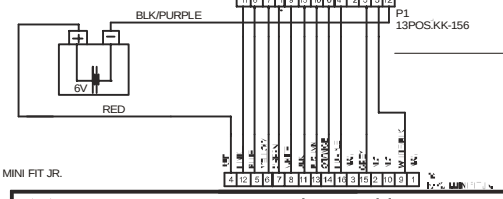

Alternator-Flywheel
Assembly
Mounting bolt
0017-00101-0986
Crank Arm
Mounting bolt
0017-00101-1860
nut
0017-00103-0334
Square
Machine Key (2)
M0K53-01122-0000
Retaining ring
0017-00100-0107
Poly-V pulley
mounting screw
and washer
0017-00101-1836
0017-00104-0465
Alernator-flywheel
mounting bolt
and nut
bolt-0017-00101-1867
nut-0017-00103-0332
Machine Key
0K53-01183-0000
Set Screws
0017-00101-1833
Bearing-Insert
mounting screw
and nut
0017-00101-1866
0017-00103-0341

Power Control Cable
AK62-00092-0000



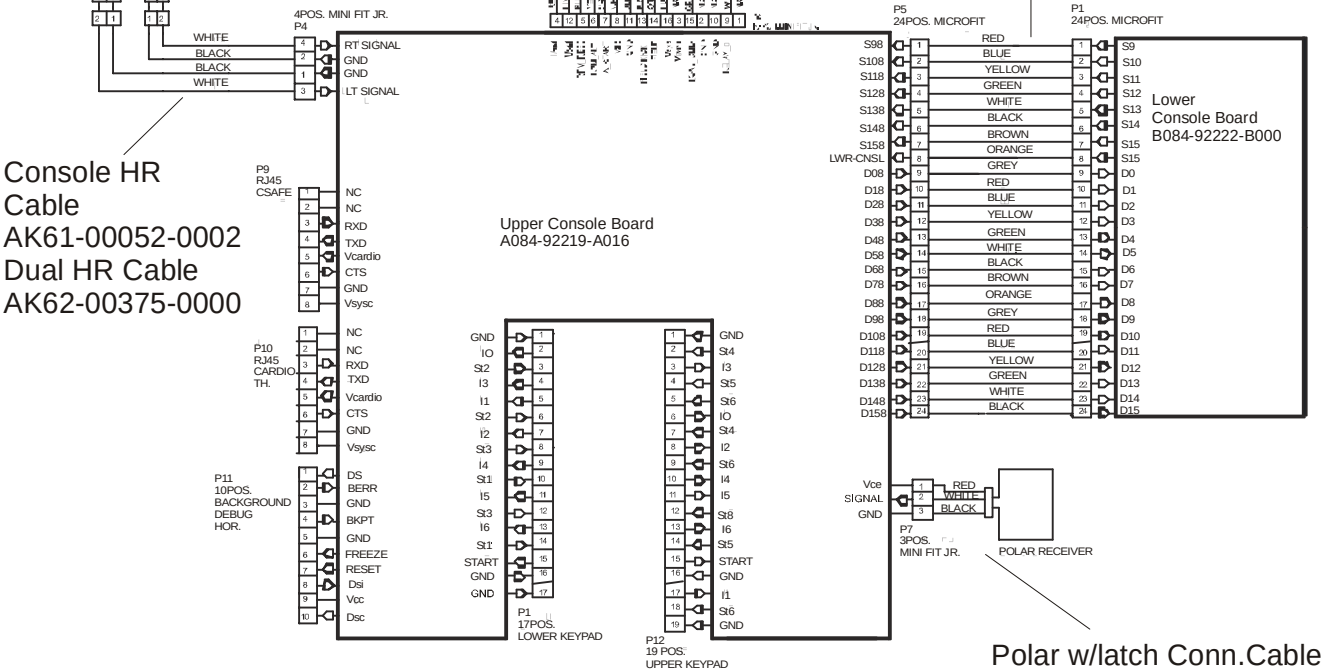
User Arm HR Cables
AK61-00051-0001





Main Cable
AK62-00093-0000

Lower Console Cable
AK63-00038-0000



Console HR Cable
AK61-00052-0002
Dual HR Cable
AK62-00375-0000

Polar w/latch Conn.Cable
AK39-00063-0000
PolarPCB w/header Cable
AK39-00064-0000